

NOVEMBER 2010

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(1) DEVEILED PORK CHOP BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD w/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(2) CHICKEN ALA KING SLICED CARROTS CREAMY COLESLAW (1) BISCUIT & OLEO (1) ALMOND POPPYSEED CAKE (3) FAT-FREE MILK (1)	(3) MACARONI & CHEESE (3) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(4) BEEF POT ROAST MASHED POTATOES w/BEEF GRAVY (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)
(8) OVEN BAKED GARLIC CHICKEN RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD w/OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(9) BARBECUE PORK SANDWICH (1) ON A WHOLE WHEAT BUN (2) OVEN BROWNEED POTATO (1) WHOLE KERNEL CORN (1) PLUMS IN JUICE (1) FAT-FREE MILK (1)	(10) HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL (2) CARROT CAKE (1) FAT-FREE MILK (1)	(11) VETERANS' DAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(15) CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(16) COUNTRY-STYLE BAKED CHICKEN MASHED POTATOES w/ GRAVY (1) SQUASH WHOLE WHEAT BREAD w/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	(17) SWEET & SOUR PORK (1) OVER BROWN RICE (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(18) <u>THANKSGIVING DINNER</u> SLICED TURKEY STUFFING (2) MASHED POTATOES w/ GRAVY (1) GREEN BEANS ALMONDINE MULTI-GRAIN DINNER ROLL & OLEO (1) PUMPKIN PIE w/TOPPING (3) MILK (1)
(22) PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(23) SLICED ROAST BEEF MASHED POTATOES w/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD w/OLEO (1) CHERRY CRISP (3) FAT-FREE MILK (1)	(24) BAKED PORK CHOP BAKED POTATO (3) EUROPEAN BLEND VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) FRUIT (2) FAT-FREE MILK (1)	(25) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(29) LUNCHEON STEAK/BROWN GRAVY MASHED POTATOES (1) RIVIERA BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) PEAR SLICES (1) FAT-FREE MILK (1)	(30) CHICKEN RICE CASSEROLE (2) PEAS & PEARL ONIONS CREAMY COLESLAW (1) MULTI-GRAIN DINNER ROLL & OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(DECEMBER 1) BREADED TILAPIA (1) BAKED POTATO (3) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) LIME POKE CAKE (3) FAT-FREE MILK (1)	(DECEMBER 2) CHINESE BEEF OVER BROWN RICE (2) CORN (1) WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)

SALAD/SANDWICH MENU**NOVEMBER 2010**

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 11-1 THRU 11-4-10) <u>GARDEN SALAD</u> - COTTAGE CHEESE, CHEDDAR CHEESE, SLICED CUCUMBER, BABY CARROTS, RED ONION & TOMATO ON CHOPPED ROMAINE LETTUCE WITH BACON BITS, CROUTONS, AND MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY MILK</p>	<p><u>ROAST BEEF SANDWICH</u> SLICED ROAST BEEF PLACED ON RYE BREAD WITH SWISS CHEESE, ROMAINE LETTUCE, RED ONION, AND TOMATO SERVED WITH SAUERKRAUT, THOUSAND ISLAND DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>
<p>(WEEK OF 11-8 THRU 11-11-10) <u>SPINACH SALAD</u> - FRESH SPINACH WITH BAKED CHICKEN, EGG, RED ONION, TOMATO, MANDARIN ORANGES, TOASTED ALMONDS, CRUSHED CROUTONS SERVED w/BACON RANCH DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>	<p><u>CREAMY EGG SALAD SANDWICH</u> CREAMY EGG SALAD ON WHOLE WHEAT BREAD WITH ROMAINE LETTUCE, RED ONION, SLICED TOMATO, CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>
<p>(WEEK OF 11-15 THRU 11-18-10) <u>TUNA SALAD</u> - LIGHT CHUNK TUNA MIXED w/CELERY, GARDEN SEASONING, AND LITE MAYO, PLACED ON CHOPPED ROMAINE LETTUCE WITH RED ONION, TOMATO, AND CUCUMBERS SERVED w/MARZETTI RANCH DRESSING TOWNHOUSE CRACKERS DESSERT/FRUIT OF THE DAY MILK</p>	<p><u>TURKEY WRAP</u> SHAVED TURKEY BREAST WITH SWISS CHEESE PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO, SERVED WITH LITE BUTTERMILK DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>
<p>(WEEK OF 11-22 THRU 11-25-10) <u>CHICKEN SALAD</u> - CREAMY CHICKEN SALAD MADE w/ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE w/RED ONION, TOMATO AND CUCUMBERS WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>	<p><u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD w/AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND CARROTS, SERVED WITH HONEY-MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>
<p>(WEEK OF 11-29 THRU 12-2-10) <u>CAESAR SALAD</u> - BAKED CHICKEN, ROMAINE LETTUCE, CHEESE & CROUTONS WITH MARZETTI CAESAR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>	<p><u>TUNA SALAD WRAP</u> - CREAMY TUNA SALAD ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONIONS & SLICED TOMATO SERVED WITH RANCH DRESSING, CUCUMBERS, AND BABY CARROTS DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>

NOVEMBER 2010
HAMPTON EVENING MENU
BAY COUNTY DIVISION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(2) DUTCH CHICKEN DUTCH POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD/OLEO PEACHES & CREAM CAKE (1) FAT-FREE MILK (1)	(3) COD FILET SANDWICH ON A WHOLE WHEAT BUN (2) HERB BAKED POTATOES (1) CREAMY COLESLAW (1) FRUIT (1) FAT-FREE MILK (1)	(4) SPANISH RICE (2) BROCCOLI CARROT RAISIN SALAD (1) MULTI-GRAIN DINNER ROLL MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(5) EMPLOYEE IN-SERVICE ALL OFFICES & MEAL SITES WILL BE CLOSED
(8) OVEN BAKED CHICKEN RED SKIN POTATOES w/ONION CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD/OLEO DICED PEARS (1) FAT-FREE MILK (1)	(9) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(10) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD w/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)	(11) VETERANS' DAY ALL OFFICES AND MEAL SITES WILL BE CLOSED	(12) BOILED DINNER (1) MULTI-GRAIN DINNER ROLL & OLEO (2) OATMEAL APPLESAUCE CAKE FAT-FREE MILK (1)
(15) LUNCHEON STEAK w/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(16) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD w/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)	(17) HOMEMADE CHILI (2) BAKED POTATO (1) STEAMED BROCCOLI SALTINE CRACKERS (1) FRUIT (2) FAT-FREE MILK (1)	(18) <u>THANKSGIVING DINNER</u> SLICED TURKEY MASHED POTATOES w/GRAVY STUFFING (2) GREEN BEANS ALMONDINE MULTI-GRAIN DINNER ROLL PUMPKIN PIE/WHIPPED TOPPING FAT-FREE MILK (1)	(19) SLICED HAM RED SKIN POTATOES (1) EUROPEAN BLEND VEGGIES WHOLE WHEAT BREAD w/OLEO (1) PEACH/PEAR/PINEAPPLE FAT-FREE MILK (1)
(22) LEMON PEPPER TILAPIA BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)	(23) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(24) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)	(25) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(26) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(29) DEVILED PORK CHOPS BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)	(30) CHICKEN ALA KING BISCUIT & OLEO (1) SLICED CARROTS CREAMY COLESLAW (1) ALMOND POPPYSEED CAKE FAT-FREE MILK (1)	(DECEMBER 1) MACARONI & CHEESE (2) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD w/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)	(DECEMBER 2) BEEF POT ROAST MASHED POTATOES w/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO SLICED PEACHES (1) FAT-FREE MILK (1)	(DECEMBER 3) PORK CHOP SUEY OVER BROWN RICE (2) STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL LEMON PUDDING (3) FAT-FREE MILK (1)

**RIVERSIDE FRIENDSHIP CENTER
ONLY
NOVEMBER 2010**

(5)

EMPLOYEE IN-SERVICE

**RIVERSIDE FRIENDSHIP CENTER
WILL BE CLOSED**

(12)

**HOMEMADE LASAGNA (3)
ITALIAN BLEND VEGETABLES
TOSSED SALAD & DRESSING
GARLIC BREAD (1)
FRESH FRUIT (2)
FAT-FREE MILK (1)**

(19)

**BAKED VEAL PARMESAN
w/SPAGHETTI & MEAT SAUCE (1)
STEAMED BROCCOLI
TOSSED SALAD & DRESSING
GARLIC BREAD (1)
FRUIT (2)
FAT-FREE MILK (1)**

(26)

THANKSGIVING HOLIDAY

**RIVERSIDE FRIENDSHIP CENTER
WILL BE CLOSED**

(DECEMBER 3)

**BAKED BBQ PORK CHOP (1)
RED SKIN POTATOES (1)
TOSSED SALAD & DRESSING
WHOLE WHEAT BREAD w/OLEO (1)
SLICED PEACHES (1)
FAT-FREE MILK (1)**